

Conditions treated: Herniated disks, facet joint pain, radiculopathy, sciatica, spinal stenosis, degenerative disk disease, spondylolithesis, whiplash, sacroiliac pain, piriformis syndrome, meralgia paresthetica, coccydynia, compression fractures, cancer pain, complex regional pain syndrome I and II, myofascial pain syndrome.

Treatments: physical therapy, medications, diagnostic and therapeutic interventional pain procedures,

Minimally invasive and invasive surgery

Diagnostic: Nerve conduction / EMG testing

Diagnostic/ therapeutic Procedures:

Cervical: Facet/ medial branch nerve block

Cervical medial nerve branch radiofrequency ablation

Cervical epidural injection

Stellate ganglion block

Occipital nerve block

Thoracic: Thoracic epidural

Trigger point injections

Lumbar: Facet/ medial branch nerve block

Lumbar medial nerve branch radiofrequency ablation

Transforaminal / interlaminar epidural injections

Caudal epidural injection

Sacroiliac joint injections

Coccyx injections

Lumbar sympathetic blocks

Spinal cord stimulator trial/ implants

Frequently asked questions:

1) **When should someone seek a Pain Management specialist?**

Anyone who has an acute or chronic pain problem which requires evaluation/treatment beyond what a primary care physician routinely treats should be evaluated by a doctor who is specially trained to evaluate and treat a wide range of pain problems. In looking for a Pain Management specialist, you should seek a doctor who has completed a fellowship program and is Board Certified in Pain Management. At Miami Spine Institute our pain doctor is double board certified in Pain Management and Physical Medicine and Rehabilitation. The doctor can help form a treatment plan involving medications, physical therapy, interventional pain relief injections and help assist when surgical evaluation is necessary.

2) **What is interventional Pain Management?**

Interventional Pain Management involves a variety of pain procedures usually done with the help of an imaging technique called fluoroscopy to help assist the pain doctor with better locating and delivering medication to a potential pain source to help maximize pain relief. Often more conservative management including physical therapy and medications fail to adequately address a patient's pain. A Pain Management specialist will help determine the right plan for you including when pain procedures can be appropriate and beneficial. These procedures are often done in an outpatient surgical setting and can be done with local anesthetic and/or light sedation given by a trained professional.

3) **Is Pain Management covered by health insurance and what kinds of patients are seen at Miami Spine Institute?**

Pain management including pain procedures is covered by most insurance plans including PPO's, Medicare and various HMO insurances. Patients treated at Miami Spine Institute include Personal Injury (LOP), Worker's Compensation, International Patients and Self Pay.

4) What can I expect at the first appointment?

You will be evaluated by our Pain Specialist with a thorough detailed History and Examination with special attention to where your pain is located, and identifying what is causing your pain. A comprehensive plan will be formed discussing possible treatments to help address how your condition can affect your pain level, its impact on your daily living including ability to function, sleep and associated symptoms such as depression. If you have prior imaging such as MRI's/ Cat scans you should bring them with you and these can be explained in detail or imaging can be ordered if necessary.
